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Food and Home Notes

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Nuts in the shell retain high quality longer than shelled nuts, according to U.S. Department of Agriculture home economists.

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Did you know that hard shells are easier to crack? And, nutmeats break less often if nuts are first soaked in warm water for several hours or overnight.

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Shelled nuts will keep fresh for several months if stored properly in tightly closed containers in the refrigerator.

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Peanut butter keeps its quality longer in the refrigerator than at room temperature.

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Fresh coconuts in the shell retain good quality up to a month in the refrigerator, according to USDA marketing specialists.

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THE WHEY IT IS — Now

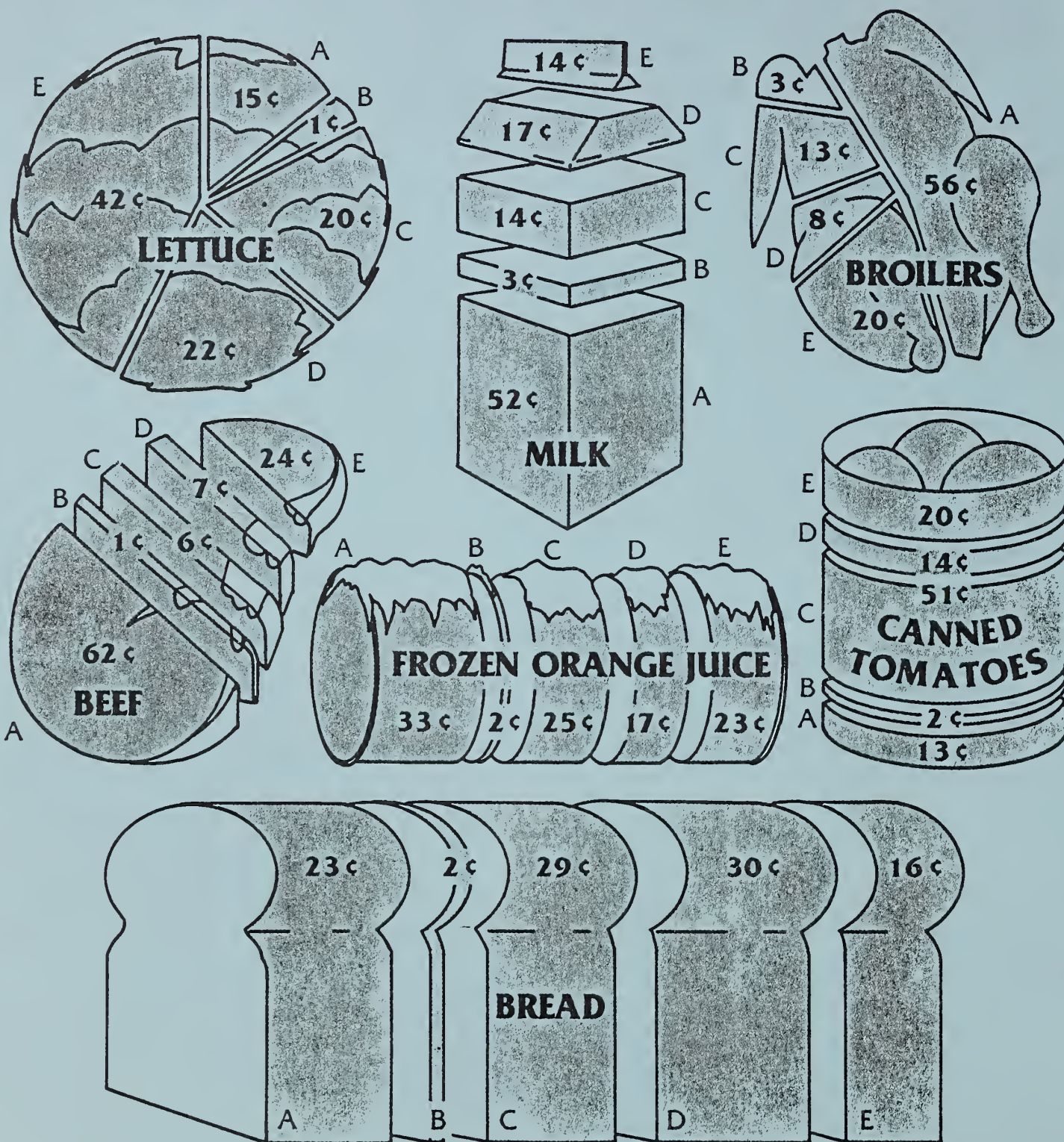
Protein enriched food products are not new in the marketplace — but, they are filling an important need because of American food habits of consuming large quantities of ordinary macaroni products, cereals, and extruded snack foods. The popularity of these foods made them candidates for nutritional upgrading.

The usual sources of "added protein" to enrich food products includes wheat, corn, and soy flours. But — according to U.S. Department of Agriculture scientists — whey protein is even better.

A good example might be common macaroni that has a protein content of about 13 percent. When sufficient whey protein is incorporated it brings the total protein content up to 20 percent, which is the standard set for the School Lunch Program.

Taste panels found the protein-enriched macaroni products acceptable... even though they did detect the difference. Thus, this successful research on whey protein suggests that other processed foods such as breakfast cereals and snacks may also be considered for whey protein-enrichment in the near future.

WHAT THE FOOD DOLLAR PAYS FOR



A - PRODUCTION

B - ASSEMBLY

C - PROCESSING

D - WHOLESALING, TRANSPORTATION

E - RETAILING

ESTIMATES ARE BASED ON 1974 PRICES, COSTS, AND MARGINS.

HUMAN NUTRITION RESEARCH

One of the puzzling aspects of human nutrition is the manner in which nutrients in a diet influence requirements for other nutrients.

A unique pioneer endeavor to study human nutrition has been arranged with eight live-in volunteers in a specially designed metabolic unit (resembling a hospital ward) at the U.S. Department of Agriculture's Human Nutrition Laboratory located on the University of North Dakota campus. U.S. Department of Agriculture scientists will study the healthy volunteers' physiologic influences on nutrient requirements and the availability of nutrients in food.

The Laboratory cooperates closely in research with a medical complex that includes two hospitals, a clinic, and the University's medical school.

Special attention will also be given to the role of trace elements in human nutrition. The program will include having experimental diets prepared in a metabolic kitchen where analytical and quality control must be precise. An exercise physiology laboratory will enable physicians to assess the volunteers' physical activity and capacity for work throughout the metabolic studies.

Members of the student body of the University of North Dakota and other nearby colleges — as well as from certain religious homes and nursing homes have been recruited for this test program. The volunteers have individual bedrooms and share a dining area, lounge and workshop. The program — and its participants will be constantly evaluated throughout the session by USDA's Agricultural Research Service scientists.

YOGHURT, YOGURT.... OR YOHOURT

— AND HOW TO MAKE IT

Yoghurt, sometimes spelled yoghurt, yogurt, yogourt or yohourt, is that custard-like preparation made by fermenting concentrated whole milk.* Usually snow white, it differs from other fermented milks in that it is consumed as a custard rather than as a liquid. Sales of yoghurt in this country have doubled and doubled again in recent years — current sales exceed 400 million pounds a year — just under two pounds per capita. And — that does not include the homemade variety,...a fast-growing source of supply.

Yoghurt is considered a highly nutritious food that can be digested when other foods are rejected. It contains little or no alcohol and is highly acid. Some people, especially those in European countries, claim that yoghurt had distinct therapeutic and health-promoting properties.

Yoghurt is not like kefir and kumiss, which are fermented milks common to the upland and northern countries of Europe.

If you'd like to make your own yoghurt, the directions are available from the U.S. Department of Agriculture, Agricultural Research Service, Eastern Regional Research Center, Philadelphia, PA. 19118. Ask for CA - N.E. -9.

*Yoghurt may also be made from skim milk, evaporated milk or from a mixture of these.

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